

Presents

PATH TO HOPE LIVE

SUICIDE PREVENTION EDUCATION SERIES

Path to Hope Live is an online educational series on suicide prevention, resilience-building, and dealing with the grief, loss, and mental health challenges of our times. The format of varied presenters and topics packs in heart, lived experience and personal connection. These free events are being offered as a gift to all as we individually and collectively seek balance and renewal in our lives and communities.

A Community Heals Itself

featuring

Sonoma Community Resilience Collaborative

**January 14, 2021 | 4:00PM-5:30PM
Via Zoom**

Register for free here: <https://patthohope6.eventbrite.com>



The Sonoma Community Resilience Collaborative is a community-wide initiative launched after the 2017 wildfires to support long-term resilience and social connection across Sonoma County. Our vision is to prevent the progression of stress and trauma effects from becoming more serious behavioral, physical and social impacts in our community through an evidence-based train-the-trainer model taught by our partner, Center of Mind-Body Medicine.

The Collaborative has trained over 200 community members to spread and embed mind-body techniques in our community.

Please visit soco-resilience.org to learn more!

Finding CALM Amidst the Storm

Through evacuations, fires, planned power shut-offs, other life stressors, and now a global pandemic, it is important to take care of our well-being and connect with others. Our vision, to embed and sustain mind-body tools in our community, starts with individuals. These tools have been around for centuries and can be used anywhere, anytime, regardless of the situation, whether it be a presentation at school, an interview for a job, dealing with tantrums or even preparing for surgery.

Join our trained facilitators and experience the CALM amidst the storm. Together we will build our inner resilience.

Path to Hope Live will host 7 free events exploring different topics from November 19th to January 21st.

For more information on the entire series of events, go to: <https://www.stjoesonoma.org/community-outreach/upcoming-events/>

In Partnership



HUMANIDAD
Therapy & Education Services
[HUMANIDADTHERAPY.ORG](https://www.humanidadtherapy.org)

